

NEWSLETTER NO. 14 (May 2002)

ORDERING NUTRITIONAL SUPPLEMENTS

I am pleased to learn that most of you are having no difficulty with your postal deliveries despite our concern. I am nevertheless trying to ensure that you receive what you need without delays so that you are able to continue your treatment without a break. If there is a gap between finishing one box of Formula or Protein and receiving the next, there are a few days where you are making a backward step, which is detrimental to your progress.

I have recently been asked by some patients to send a regular monthly order without them having to contact us. This is fine and it has prompted us to offer this service to all. If you are able to furnish us with credit or debit card details, we would despatch your parcel on or around the same date each month without the need for you to ring or write to us. **If you are interested in this, we have provided a separate form with this Newsletter which you may complete and return at any time. Take a few minutes now to fill it in and send it back to us, especially if you find it difficult to make that phone call or write your letter when you get too busy or sidetracked.**

I still need to know how you are getting on, and if you are having any difficulties so that I can advise you properly. You are welcome to ring or write whenever you feel the need. If I do not hear from you, from time to time you will receive a communication from me asking how you are getting on. This is necessary when I feel that the time has come for a review of what you are doing. Your treatment is being monitored for as long as you are in touch with the Clinic until such time as you are clear of all your symptoms and once again fit, healthy and active. Some people who have recently reached such a stage have written to us and their letters are reproduced below.

VITAMIN AND MINERAL LEGISLATION

There have been a fair few enquiries regarding the up-to-date position on UK and European legislation. So I hope you will not “switch off” while I attempt to state the current position briefly, and ask for your help in writing to your MPs and MEPs if you can. You will be in good company as celebrities such as Paul McCartney, Elton John and Cliff Richard are lending their support to this campaign.

- a) *Food Supplements Directive* This legislation was passed in March 2002 in the European Parliament. It will only allow certain vitamins and minerals (listed on what is known as the “Positive List”) to be offered for sale after the next three years - with certain provisos. Applications can be made during those three years for products to be added to the “Positive List” of these vitamins and minerals. This legislation now has to be passed by the UK Government and it seems probable, if not certain, to be adopted. There has not yet been any ruling from Europe on the amount which will

be permissible of each vitamin or mineral in each dose so the situation is still unclear from that point of view. There is still a lot of argument about the quantities per dose.

It would be helpful to write to your MP and MEP, explaining that you value your freedom to choose dietary supplements and herbal remedies. You could mention that you are supporting the campaign to protect the right of consumers to have continued access to a wide range of natural health products. The aim of your letter would be to ask your MP and MEP to oppose the introduction into UK law of the *Food Supplements Directive* in its present format because it would lead to a ban on many hundreds of nutrients and may impose unacceptable limits on permitted dosages.

Posing just as great a threat are two other Government Directives which you could also ask your MP and MEP to vigorously oppose:

- b) *The Traditional Herbal Medicinal Products Directive* proposes to place herbal remedies into the regulatory environment of pharmaceutical drugs. Such legislation, if passed, would prevent the continued free availability of herbs due to the expense involved. UK law already requires supplements and herbal remedies to be as safe as food, and appropriately labelled.
- c) *The Pharmaceutical Directive* has a proposed amendment which will bring within the regulatory regime for pharmaceutical drugs any product that the Medicines Control Agency chooses to reclassify - whether food supplements or herbal products. This would prevent continued availability of such food supplements or herbal products.

These three EU Directives pose a very clear and serious threat to Nutritional and Herbal Medicine and to the way in which a huge percentage of people prefer to treat their health problems. Do write to your MP and MEP (your local library will be able to tell you who they are) drawing their attention to the legislation, and asking for their support in opposing the proposals.

PUBLICITY

On 23rd April, the Daily Express carried an article on page 38 which highlighted our Clinic and treatment. The response from this kept us very busy in the following days and many people have since started our treatment as a result of the article.

WEBSITE www.margarethillsclinic.com

The website has been constructed due to public demand. It is not finished yet but nonetheless can be viewed as it is at the moment. Improvements are ongoing!

CLEAR OF ARTHRITIS

It is some time since I gave you some case histories to consider. You may well identify with one of the people who have kindly written to us explaining how well they have done on our treatment. Such stories can help enormously to encourage others to persevere with their treatment. One lady has written such a detailed account that I thought it would be nice to reproduce it in full.

I hope to be able to print your story once you are clear of arthritis, so do keep me informed as to how you are getting on - especially when you feel you are completely better.

B.W.G. contacted us in August 1997 having suffered with irritable bowel syndrome for a few years and joint pains and stiffness for the previous six months. She had suffered a slight stroke and had her gallbladder removed in the past. She writes:

“I have made great progress these last few years and I would say I am free from arthritis now. I continue to follow your treatment...My health is very much improved and I feel better in health than I did perhaps ten years ago - thank you very much.” B.W.G., Rotherham, S. Yorkshire. 3rd May 2001

S.B. had been diagnosed with acute sinusitis 15 years previously and had 3 nasal operations, been prescribed nasal sprays, painkillers and offered steroid injections. A scan and x-rays then led to a diagnosis of arthritis with very severe pain in left cheek, ear, jawbone and back of the neck - at which point she contacted us:

“After years of being treated for sinusitis I was diagnosed in April 1998 as having arthritis in the cheekbones as well as suffering pain in my right knee and right hand. My hospital specialist offered me steroid injections and anti-inflammatory tablets. Knowing the possible side effects this could cause I refused the treatment. I saw Margaret Hills’ book in W.H. Smith’s and from that started the recommended diet treatment. I found it quite easy sticking to the diet and enjoyed taking cider vinegar and honey. Initially the molasses caused stomach upset, but eventually settled down...Now, after three years, with perseverance and faith in the diet, I can report being totally free from pain and stiffness. I will continue with the maintenance diet...Thank you for all your help.” S.B., Bedfordshire. 2nd June 2001

J.F. had been taking Ibuprofen infrequently for 4 years prior to contacting us in Aug 94 but had only just been diagnosed with moderate arthritis of the left hip. His Dr. said “I am sorry, there is no treatment. Take the Ibuprofen you already have when you need to. When you can’t put up with it any longer we will have to think about replacing your hip joint.” J.F. writes:

“It must now be six years or more since I started on the MH treatment. I have no back ache, still have my own hips in full working order with no pain at all most of the time. Occasionally if I abuse the left one with overloading and carrying, it will ache, but even then the recovery to normal is only 24 hours or so. I can lift heavy weights with no ill effect, it is only when I try to also carry those weights some yards that I am reminded the cushioning in the joint is thin. But, as I said above, the recovery back to normal is indecently fast. Last Thursday, I went to a mixed social dance ... and danced hard for three and a half hours. I mean here, no sitting down, just energetic dancing. At the end of the evening I was physically worn out, but the next morning I shot out of bed without an ache anywhere in my body. Marvellous. I shall keep taking your tablets! Thanks again.” J.F., Devon, e-mail received 13th Dec 01.

P.N.E. was taking no medication when she contacted us in Oct 97. She writes:

“I am extremely grateful to the Margaret Hills Clinic for all their care and attention over the years. My arthritis started many years ago. Early each morning, I would be woken by a severe pain in my right foot. After a while my hands became affected. It was some while before I discovered an address to which I could write and start my treatment. Unfortunately after just getting started, I broke my left wrist and was unable for some months to continue with soaking feet and hands in hot water with Epsom salts. Neither could I mix my Protein so I just continued to take my Capsules. However, as soon as my plaster was removed and I had had physiotherapy to enable me to use my hand (out of gear for 4 months), I then returned to my old routine with determination. I am more than happy to say that Margaret Hills treatment has finally cured me of Arthritis. I never dreamed it was possible! Thank you so much Margaret and Christine. Sincere thanks from a grateful patient.” P.N.E., W. Midlands. Aug 01.

E.L. had been suffering for 3 years with aches and pains before contacting us - her only medication was for blood pressure.

“I am only too pleased to write and tell you, and others, how the treatment has worked for me. When I started your treatment in July 2000, it was like grasping at straws. I had been to the Doctor, only to be told ‘You’ve got arthritis, don’t worry - we all get it, just keep taking the tablets!’

My knee was swollen and painful. I couldn’t straighten it or stand on that leg. My thumbs were sore and lumps were appearing at the base of my thumbs. I had played the piano nearly all my life, but now my fingers were stiff and I had difficulty in reaching the octave. I couldn’t knit without pain travelling up my arms and I hated sitting watching television without clicking away with my knitting needles.

My back ached, and getting out of bed in the morning was a struggle, and to try and turn over in bed was horrific. I thought this was how it was going to be for the rest of my life. Then by chance I read about the Margaret Hills treatment and thought I had nothing to lose.

The first month I was on the treatment nothing much happened, then in August while I was away in my caravan, my shoulder started aching, then my ankle and my foot, the pain had started spreading to other sites. But I had started to knit again and the lumps on my thumbs had decreased. By the end of August the swelling had subsided in my knee and I could walk much easier.

In September I had to drive a long way to a wedding. I wasn’t looking forward to it because I knew I was going to be stiff in all my joints at the end of the journey. But I was pleasantly surprised that the aching and stiffness wasn’t as bad as I had thought and during the weekend of the wedding I was able to wear shoes with a heel, my knee and ankles were so much better.

During October and November I still had back-ache and the odd stiffness in my fingers, but I was back at the piano again, helping out in the school’s concerts and playing for our W.I. Choir. Miraculously, I could stretch my hands with no pain and no suffering afterwards. By Christmas I was feeling so much better in myself, taking the dog for long walks and swimming a couple of times a week in the local pool.

I continued to improve over the next months, not entirely free of pain, but only an occasional twinge which didn’t last more than a day or two. Then last summer I was able to swim in the sea and walk for miles on the beach, my knee feeling quite normal again. Now my fingers are quite straight again, no lumps on my thumbs and I can knit and do fine handiwork again.

Now the testing time will come when I’m off the treatment and starting to introduce foods, which have been forbidden, into my diet again. If I do get a flare up, I know what to do - go back on an acid free diet and up the dosage of cider vinegar.

I have gone from being in despair, back to my old self, thoroughly enjoying life - long may it continue! With many thanks for all your help.” E.L., Nov. 01

NAME

ADDRESS

TEL. NO.

Dear Margaret Hills Clinic,

Please despatch one month's supply of the following nutritional supplements on approximately the same date each month until further notice. This arrangement can be cancelled or altered at any time, by phone or in writing. It should commence on

..... (fill in the appropriate date)

Formula (sachets)

Formula (capsules)

Protein

Alfalfa

Zinc

Echinacea & Enzyme Formula

Whole Amino Acids

Calcium Formula

Other prescribed nutrient/s not mentioned above - please write in here.

Changes to treatment discussed by letter or phone will automatically be adjusted. I understand that my treatment will continue to be monitored and intend to seek your advice should the need arise. Would you please use the credit/debit card as detailed below:

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EXPIRY DATE

ISSUE NUMBER

VALID FROM

VALID TO

Please complete all relevant boxes for your particular card. Some cards do not indicate an "issue number" or a "valid from" date. We do not accept American Express.

Signed

Date